

Celebrity Buzz

Lohan slams dad on Twitter
pg 22



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EDMONTON • TUESDAY, NOVEMBER 3, 2009

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Is it
Tuesday
yet?



Liepert, premier meet on H1N1

HEALTH Alberta Health Minister Ron Liepert offered few comments yesterday after a hastily organized swine-flu meeting with the premier and chief health officer.

Liepert, who has become a lightning rod for criticism over Alberta's H1N1 immunization program, said Premier Ed Stelmach was looking for a briefing. "It was an update on what's been going on and what we're going to be doing going forward," he said.

THE CANADIAN PRESS

News on the Move

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SCANLIFE

NHL Rolie's return



Albertan charged with luring a child

PHILIP CROUCHER
Metro Canada



CRIME Halifax Regional Police have charged an Alberta man with luring a child under the age of 16 by computer for a sexual purpose.

Police say Richard Austin MacLean, 47, whose hometown has not been specified, was arrested without incident Sunday in a parking lot off of Agricola Street in Halifax at 2:20 p.m. The arrest came after police alleged the man had Internet conversations with an undercover officer that he was to meet in the parking lot that afternoon.

"At the time of the arrest, we would allege the accused believed he was meeting a person under the age of 16 for a sexual purpose," said police spokesman Const. Brian Palmeter. "That meeting had been arranged through the Internet. However, the person he was speaking with who he believed was under the age of 16 was actually an undercover police officer."

One in seven people are affected by the issue, either directly or indirectly, said Patrick Dillon, executive director of the soon-to-open Today Family Violence Help Centre.

The centre on 114 Street and Jasper Avenue is set to open at the end of the month, and will combine counselling, shelter, medical care and police intervention for victims and their families under one roof.

"There's a huge need for these people," he said.

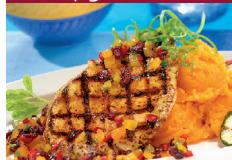
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MBA Guide pg 13



MBA can be a big ticket

Food pg 18



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Mike Boyd said yesterday reports to police are on the rise.

He feels increased awareness is paramount in helping victims break their silence and for observers to spot warning signs.

"We never thought so much about the impact on families. By all of the research today, we know so much about what people learn growing up in a violent environment."

Of the 11 homicide files considered "solved" by city police so far in 2009, four of the accused were related to the victims.

"To me, one is too many," Boyd said.

However, police Chief

"We have to say, 'It must end.'"

Dr. Raj Sherman

thinking about the ones who did not survive."

Death, a Grant MacEwan criminologist said, is family violence in its most extreme form.

Bill Pitt said added resources are the only solution to prevent deaths by what he calls "Alberta's dirty little secret."

"There will be much more family violence unless the social net is expanded to help people that are trapped in these relationships," he said.

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Local



Calgary drops out of Expo race

Calgary has bowed out of the bid for Expo 2017 leaving Edmonton as Canada's lone city in the hunt for the international fair. Scott Hennig of the Canadian Taxpayers Federation applauded the city's move to scrap the Expo bid. "The City of Calgary seems to understand what the City of Edmonton does not, that hosting Expo 2017 could cost taxpayers of that city billions of dollars," Hennig said.

METRO EDMONTON



Edmonton tweets

- [@CitizenFish](#) Who's the genius who leaves a half-full 500ml carton of chocolate milk on my desk from Thursday to Monday? Oh, wait, that's me. FAIL.

- [@Kathleen_Nixon](#) Good Morning #yeg! We're working on a starting a blog - anything you would like to hear about from Eve-lineCharles?? :)

- [@NHL_Oilers](#) 7 #Oilers players are growing moustaches for charity. Track their progress online: <http://tinyurl.com/y8bh6gg> #yeg #movember

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WHAT'S ONLINE TODAY

Video Opposition MPs attack the federal government over its handling of the H1N1 vaccination campaign at [metronews.ca](#)

canada Blogs Golden Boot winner and MLS MVP nominee Jeff Cunningham joins It's Called Football to discuss his turnaround season and his struggles in Toronto



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City backs local shopping

Dedicated month puts spotlight on buying from Edmonton merchants

GWYNETH DUNSFORD
for Metro Edmonton

Local merchants gathered yesterday at the Walterdale Playhouse for the kick off of Shop Local First Month. In theatrical, town crier style, Coun. Don Iveson read a proclamation from the city recognizing the importance of this initiative.

"We are so deeply defined by where we consume and what we consume that it is really important that this month is here," said Iveson. "Because, this is really an exercise in place making. The citizens in particular and the business owners are the ones that do the real place-making at the end of the day."

While ensuring that consumers have access to unique and diverse goods

and services, local businesses have a significant economic benefit to the community. The founder of the Keep Edmonton Original initiative, Jessie Radies, explains this "multiplier effect."

"It basically means when you spend a dollar in a local, independent business there is generally three times the economic impact compared to spending that same dollar in a chain, franchise business," said Radies.

Local shoppers were also present to sample selections of fragrant teas and

fresh canapes that were made in the community.

"We are actually trying to support more local businesses so that we when go and do our grocery shopping or to the cafes, we try to support independence. The money that we get we try to support independent business and try to get people invested in Edmonton, and staying here instead of moving away," said Fraser Allen.

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Oil Kings grow moustaches for a cause

CANDICE WARD
for Metro Edmonton

Tom Selleck has one, Burt Reynolds has one, even Borat had one, and now all of the Oil Kings will have one.

Movember is back, and it is time again to say hello to that nose neighbour and goodbye to that razor.

"It is a cause that can not go unsupported," said Drew Nichols, No. 8 on the Oil Kings.

Movember is a worldwide month-long phenomena where men spend the month of November growing the most glorious moustaches, all in the name of promoting awareness for prostate cancer.

As Nichols has found out, not all ladies are crazy about seeing their men with moustaches.

"I think any girl that



Edmonton Oil King Josh Koper gets a close shave from Diana Anderson, hair stylist at Game Day Hair Care on 78th Avenue yesterday to prepare for Movember, a worldwide, month-long moustache growing campaign to raise awareness of prostate cancer.

you talk to isn't the Nichols.

have to give us a break on this."

U of A students protest remark

POSTERS Some University of Alberta students have executed a guerilla-style campaign in protest of some recent comments made by the university's president, Indira Samarasekera.

Last week, a group of a dozen students plastered the campus with satirical posters, in reaction to Samarasekera's vow "be an advocate for young white men" as that demographic's enrolment in the university decreases.

"The problem with the comments is that they suggest a lack of grounding in reality," said Derek Warwick, the student that coordinated the poster campaign. "Women are faced with a whole bunch of other issues. They aren't being paid as much. They face sexual harassment in the workplace. Those are the issues we should be looking at."

GWYNETH DUNSFORD/
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A Quebec town councillor suffered a fatal heart attack on Sunday, seconds after learning he'd been re-elected. One minute, Pierre Lambert was smiling as he watched the election results come in; the next, he was sprawled on the floor, as supporters tried unsuccessfully to revive him. **THE CANADIAN PRESS**

Canada

Tories taking heat on H1N1

Critics are blasting the Harper government for its handling of the swine-flu outbreak, as long lineups continue for flu shots and some provinces warn of dwindling supplies of the vaccine.

A number of provinces, including Nova Scotia, Manitoba, Saskatchewan and Alberta, face vaccine shortages after a production problem at the manufacturer's plant last week slowed delivery.

Liberal Leader Michael Ignatieff called the government incompetent last night during an emergency debate in the House of Commons.

He said the government had released confusing in-

formation about the H1N1 vaccine that is "a source of enormous anxiety among Canadian families."

"Instead of taking responsibility, the government blames everybody else," he said, adding that "epidemics don't care about jurisdictions."

Health Minister Leona Aglukkaq responded that thousands of Canadians are being vaccinated and said there will be shots for everyone who wants one.

She rejected Ignatieff's claims, saying the government is using an influenza plan that was "built on years of collaboration with provinces and territories and the medical community."

THE CANADIAN PRESS



Stephen Harper greeted Prince Charles and Camilla, Duchess of Cornwall, yesterday at welcoming ceremonies in St. John's, N.L. RYAN REMOR/THE CANADIAN PRESS

Charles, Camilla arrive

ROYALS Prince Charles says he is "deeply touched" by the warm welcome offered him and the Duchess of Cornwall in the royal couple's first joint trip to Canada.

Charles, who arrived with Camilla yesterday in St. John's, said he was delighted to have the opportunity to meet Canadians on his 11-day tour of the country. The pair were wel-

Lukewarm

In a new survey, 41 per cent of Canadians polled would prefer Prince William as King over his father, Prince Charles. Only 31 would believe Charles should be King.

comed by Prime Minister Stephen Harper and Gov. Gen. Michaëlle Jean.

THE CANADIAN PRESS

Finley proposes parental benefits for self-employed

INSURANCE Canadians who are self-employed will be eligible for maternity and parental leave benefits by paying into the employment insurance system, under a proposal by Human Resources Minister Diane Finley.

There have long been complaints that Canada's 2.7-million self-employed are at a disadvantage because they are not able to take part in the EI program.

Finley's legislation means that these individuals could now choose to pay into EI and then have access to funds to help them care for a new child.

"Just like the regular EI program, you're going to have to pay into it, and that's why it's going to be voluntary," a government official said.

The Conservatives, already running a \$56-billion budget deficit, are anxious to avoid increasing the federal government's EI bill.

Finley is expected to propose today that self-employed Canadians pay into the EI system at about the same rate as employees of a business. The current rate for employees is \$1.73 per \$100 of earnings, capped at \$731.79 per year.

TORSTAR NEWS SERVICE

News in brief

CRIME A man charged with kidnapping and sexually assaulting a 16-year-old girl in Penhold, Alta., last February is

expected to plead guilty today to six charges. Gerard John Baumgarde faces 12 charges in total.

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Ukraine closes all schools due to H1N1Urging its citizens not to panic, Ukraine yesterday closed the nation's schools for a week to avoid the spread of the H1N1 flu. **THE ASSOCIATED PRESS**

World

Prosecutor paints Karadzic as monster

Radovan Karadzic orchestrated the 1995 Srebrenica massacre of 8,000 Muslim men and boys and his only regret was "that some Muslim men got away," a UN prosecutor said yesterday at the former Bosnian Serb leader's war crimes trial.

Karadzic again boycotted his own trial at the Yugoslav war crimes tribunal in the Netherlands, but pledged in a letter to judges that he would attend a procedural hearing today on his defense.

Prosecutor Alan Tieger fo-

cused on Europe's worst atrocity since the Second World War as he wound up his opening statement for the tribunal's judges. Tieger called the July 1995 slaying in Srebrenica "one of humanity's dark chapters" and laid the blame squarely at Karadzic's feet.

"The murder of these men and the expulsion of the women, children and



elderly did not arise from nowhere," Tieger said. "These crimes were the culmination of the accused's determination to cleanse eastern Bosnia to ensure the Serb state he envisioned."

Karadzic is charged with two counts of genocide and nine other crimes against humanity and war crimes linked to atrocities throughout Bosnia's 1992-95 war.

Karadzic has refused to enter pleas, but insists he is innocent. If convicted, he faces a maximum sentence of life imprisonment.

THE ASSOCIATED PRESS

Puerto Rico Painted protest



Women covered in body paint protest the massive layoffs of about 20,000 government workers in San Juan, Puerto Rico, yesterday. The governor of the U.S. territory, Luis Fortuno, says the dismissal of more than 20,000 public employees is necessary to close a \$3.2 billion US deficit.

African lions didn't eat as many people as stories say: Scientists

RESEARCH The nightly attacks by two man-eating lions terrified railway workers and brought construction to a halt in one of east Africa's most notorious onslaughts more than a hundred years ago. But the death toll, scientists now say, was not as high as previously thought.

Over nine months the two hunters claimed 35 lives — no small figure, but much less than some accounts of as many as 135.

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It was 1898, when labourers building the Uganda Railroad across Kenya became prey, a case that was the subject of numerous accounts and at least three

movies, including *The Ghost and the Darkness*.

Scientists hoping to figure out the actual number of people eaten decided to study the remains of the two male lions, testing the types of carbon and nitrogen in their teeth and hair.

Humans made up at least half of the diet of one lion in the last months of his life, consuming at least 24 people, they concluded. The other had eaten 11, they found.

THE ASSOCIATED PRESS

News in brief

PAKISTAN A suicide bomb killed 35 people near Pakistan's military headquarters yesterday while a second blast

wounded several police, continuing a wave of terrorism that prompted the UN to suspend long-term development

work near the Afghan border. At least 300 people in Pakistan have been killed in the past month.

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Comment & Views

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Comment

Monarchy – Yes or no?

National Report

Lawrence Martin

The Duchess of Cornwall and the Prince of Wales have only just alighted for their 10-day Canadian tour, but might be having second thoughts about the visit.

Already the naysayers are being heard. Polls show Canadians don't care much about the Royals. Columnists are calling them anachronisms. Charles and Camilla can hardly be pleased.

Momentum for this country taking its last step to total independence has been building over time. But it has been a slow build. The idea seems to have more support among the people than politicians. When John

Manley was in politics he was one of the few to muse about cutting colonial ties, but was rebuked by the elites for doing so.

In Australia, a referendum was held on dumping the monarchy a decade ago. After a boisterous campaign, the Aussies voted to keep the Queen.

Here, the politicians see polls saying a majority wish to make the break, but clever. They fear a debate on the Royals' future would be too divisive. Since the monarchy is largely symbolic, why not let sleeping dogs lie?

As was seen last December, the monarch-

chy is more than symbolic. At that time, Gov. Gen. Michaëlle Jean threw the Conservative government a lifeline by granting its wish to prorogue Parliament. The government's future was entirely at her discretion. Former governor general Ed Schreyer as much as said he would have opposed prorogation. I don't think Adrienne Clarkson, from what I have heard, would have supported it either.

What rankled about Jean's decision was she kept the reasons for it secret. It's the 21st century, but we, her loyal subjects, were not entitled to an explanation.

Is it time for a full-scale debate on the monarchy? We haven't had a dust-up on the

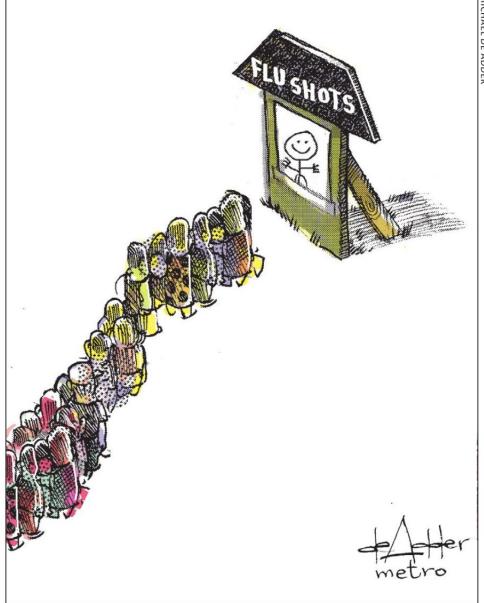
Prince Charles and Camilla

future of the country since the constitutional quarrels over the Meech Lake and Charlottetown accords two decades ago. Partly because of minority governments, the Canadian discussion in recent years has been limited to short-term political questions. We don't look beyond the horizon.

A debate on severing the last link with Britain would be of major consequence. It would be about entering a new stage of nationhood. It would be risky but invigorating. It would unleash energies, possibilities, and visions that only the prospect of a new identity can do.

We need not worry about any such Canadian drama happening soon, however. Such a break with the past requires a risk-taker, a tribune, a trailblazer. At this time, there is no one in our political class who fits the description.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



Michael De Adder
metro

Views

National securities commission needed

InBusiness

Charles Davies

metronews.ca/inbusiness

If federal Finance Minister Jim Flaherty needs another argument in favour of a national securities commission, he need look no further than the latest decision of the Ontario and Quebec securities commissions.

After three years of deliberations, they have approved online trading in derivatives for small retail investors. Individuals who hold accounts with the online trading firm CMC Markets Canada can now deal in Contracts for Difference, or CFDs. These are contracts

that allow investors to make leveraged bets — CMC only requires 15 per cent deposits — on the price movements of stocks, indices, commodities, treasuries and foreign exchange. Investors never own the underlying security; they just trade on the price. Because of leveraging, if the price of whatever you're betting on goes your way, you stand to make big bucks. Of course, if it goes against you, losses will also be magnified.

So what's wrong with this? CFDs have been available to sophisticated "accredited" investors since 2003. Isn't it only fair that regulators allow ordinary Joes slaving away over their laptops the same chance to benefit from the miracle of leverage?

To answer that question, let's first put this latest reg-

ulatory brainstorm in the context of the times. We've just begun to emerge from the worst recession since Joanie fell in love with Chachi, a downturn, lest we forget, that was spawned by the U.S. sub-prime mortgage crisis. That was, at heart, a story of excessive lending that produced an unmanageable amount of leverage — too much debt in relation to home equity — a condition that worsened as interest rates crept up and housing prices fell.

The mess was compounded as the mortgage loans

were securitized in ever more opaque financial products and sold to investors around the world.

Individual homeowners got in over their heads, but so did sophisticated investors — large funds and corporations — that ended up hav-

ing no idea about the quality of the securities they were buying.

There may be individual online trading geniuses who can do better than those big institutional investors, but I doubt it. Day traders very often lack fundamental investment knowledge. In fact, they like to trade on price movement alone, so having an understanding of the actual investment only gets in the way. You get this crowd hooked on leveraged investments and many shirts will be lost.

Once again, provincial securities regulators have let down the public. Let's hope a future national body won't do the same.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

Worth mentioning

Eastern Europeans divided over democracy shift: Poll

Twenty years after the fall of the Iron Curtain, a sharp generational schism has formed in how people in Europe's former communist countries view the shift to democracy and capitalism, a survey has found.

People in nine Eastern European countries polled, who were born shortly before or after the Berlin Wall disappeared, were markedly more approving of the move to a multiparty political system and a market economy than older generations.

The survey by the Pew Global Attitudes Project

Free speech

Nearly two-thirds of Hungarians said freedom of speech was very important versus 37 per cent of Russians. More than 60 per cent of Bulgarians said honest elections were important, but only 39 per cent of Lithuanians.

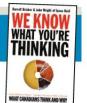
Despite the slip in approval, many more people surveyed in the latest poll expressed satisfaction with their lives than those asked in 1991. In Poland, for instance, 44 per cent said they were satisfied this year, compared with 12 per cent in 1991.

THE ASSOCIATED PRESS

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The number of Canadians who have consumed beer in the last month.



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SaskTel has fired five employees for allegedly creating a scheme that cost the phone company an estimated \$85,000, CBS News Online reported. METRO NEWS SERVICES

Business

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Bureau pushes to change real estate commission rules

COMPETITION The Competition Bureau is pushing for changes in how much Canadians pay in realty commissions after an investigation found the country's largest realtor association was operating with anti-competitive rules.

The decision could open the market to cheaper listing alternatives or result in lower listing charges on the Multiple Listing Service, or MLS.

An internal memo from Ottawa-based Canadian Real Estate Association to its members said that the federal bureau has told them its rules block competition within the industry, and that it has recommended changes. THE CANADIAN PRESS

West has it worst

•

Most of the deterioration has been in Western Canada, with British Columbia leading the decline, the bank said.

The bank says its job quality index — which measures things like wages and part-time versus full-time work — has fallen 3.8 per cent in the last six months. The decline in the index, ironically, comes as Statistics Canada says the employment situation showed a slight improvement in recent months.

"All the components that compose our quality index have worsened since March of this year," CIBC economist Benjamin Tal wrote in the report.

For example, part-time

employment rose over 0.2 per cent, while full-time employment fell. Self employment surged by three per cent, versus a 0.5 per cent decline in paid work.

"But the most important factor that has contributed to the recent decline in our quality index is that any gain in employment over the past six months was among low-paying jobs while the number of high-paying jobs has, in fact, declined by at least three per cent," Tal wrote.

THE CANADIAN PRESS

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Business in brief

SEALS Canada is taking its seal products dispute with the European Union to the World Trade Organization. Trade Minister Stockwell Day says Ottawa has requested WTO consultations into Europe's ban on Canadian seal products, the first stage of the world body's dispute process. Day says the regulation, adopted by 27 countries earlier this year, is a violation of the EU's trade obligations. THE CANADIAN PRESS

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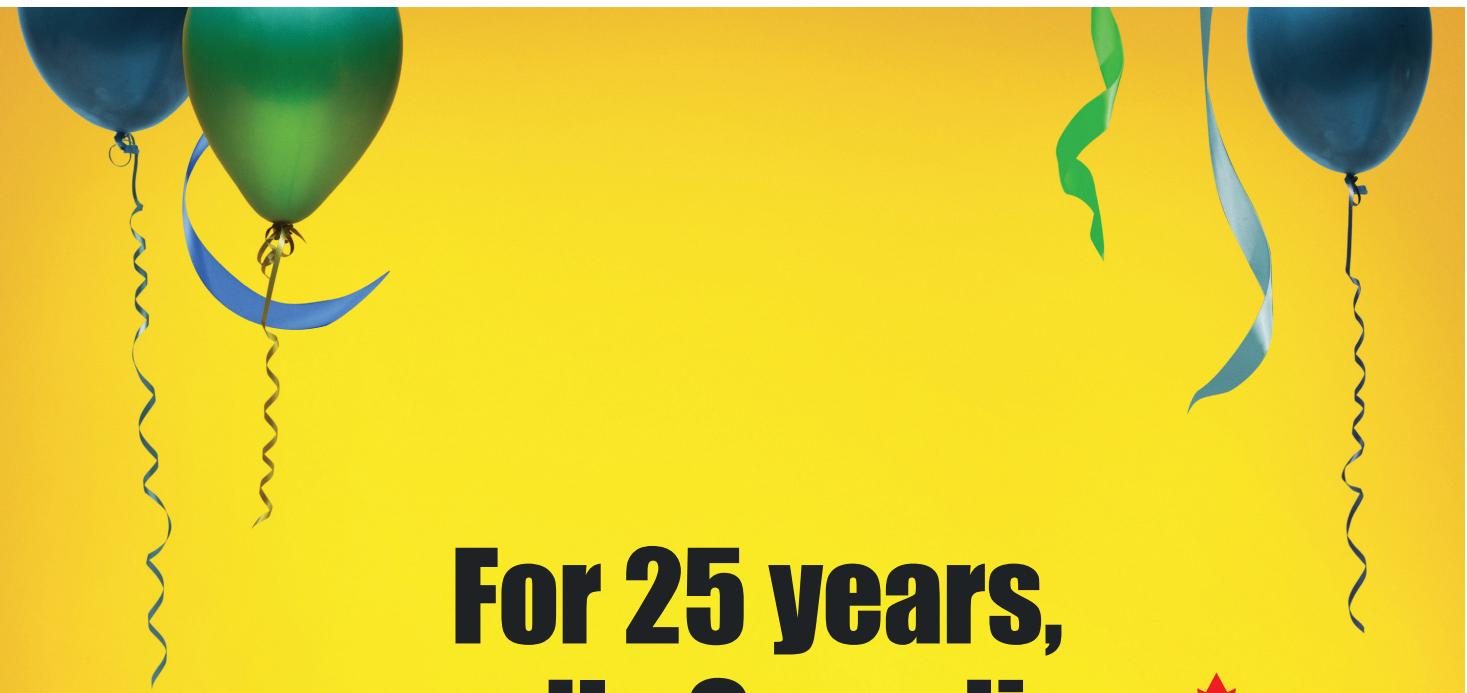
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Online investing shatters stereotypes



Online investing is no longer seen as the sole realm of math whizzes and those with finance degrees.

RAFAEL BRUSILOW
for Metro Canada



Online investing has grown by leaps and bounds in the last decade, a testament to the fact that putting your money to work online for you is easier than ever.

Jason Storsley, president and CEO of RBC Direct Investing, says online invest-

"Today the demographic of people using online investing spans across all ages and stages, all different types of professions, and it's used almost equally by men and women."

Jason Storsley

ing is no longer seen as the sole realm of math whizzes and young grads with finance degrees — today you can find people from al-

most all walks of life using online investing to reach their financial goals.

"The industry has really evolved over the last five to 10 years. Back then, it was mostly young, male, techie-trader types who delved into it. Today the demographic of people using online investing spans across all ages and stages, all different types of professions, and it's used almost equally by men and women," Storsley said.

The early days of online investing saw many simplistic, bare-bones websites equipped almost exclusively for quick juggling of stocks, usually frequented by people looking solely for a quick buck on a short turnaround. Today, attitudes have come staunchly around because the tools of online investing have become more powerful, and long-term financial options have become increasingly available. Storsley says the online realm today offers all the same possibilities as offline investing in a far more convenient setting.

"It's not seen as just a place for active traders, now you can really manage and meet all your financial goals through our online investing site," he said.

Direct investing through RBC offers unparalleled access to tools that make online investing a snap, especially for new investors. Online tutorials with voiceovers and visual cues on the main RBC site explain every step of the online investing process and even provide tips on understanding how to choose the right investment option. Independent research and performance indexes can arm you with crucial knowledge when picking where and how to invest your money and RBC's fully customizable search utility lets you sift instantly through thousands of mutual funds to create a convenient shortlist of ones that match your needs in price, performance and investment type.

With the challenging economy of today, Storsley says fear and uncertainty

Who are they?

- **Self-directed investors** make up roughly 15-20 per cent of all Canadian investors and the number is rapidly growing as more Canadians choose to manage some or even all of their investments online.

- **Online investors** represent a wide cross-section of society with almost an equal split between men and women and a variety of young, old, new and experienced investors making use of online investment tools.

- While people still **trade stocks**, a growing number of people pursue their long-term financial goals online.

- **Self-directed investors** love the competitive prices of online investing and the powerful education and analysis tools available online at rbcdirectinvesting.com make investing online just as effective as offline investing.

are more prevalent than ever — a perfect reason to test-run an RBC Practice Account, which allows investors to test their financial strategies and use all the same tools as a regular account without risking a single penny.

"Investors really do lack confidence right now, especially the ones just starting out. They're nervous and they don't want to lose money. With an RBC Practice Account, they can venture into the online investing space and build that confidence without risking real money," Storsley said.

As investor confidence grows, more women are entering the online investing world than ever before, likely because more women are also taking the financial reins of their investment future.

"More women are managing the family's finances and they are looking to reach their investment goals online," Storsley said.

With sophisticated offerings like 19 different model portfolios, mutual fund packages already pre-screened by RBC experts and prepared for a variety of financial goals, Storsley says many RBC clients are finding it easier and more satisfying than ever to venture online with their money for the first time.

"A lot of our clients would never have come into online investing 10 years ago because it wouldn't have met their needs. We've really broadened our offering to be able to meet the long-term objectives of any Canadian," Storsley said.

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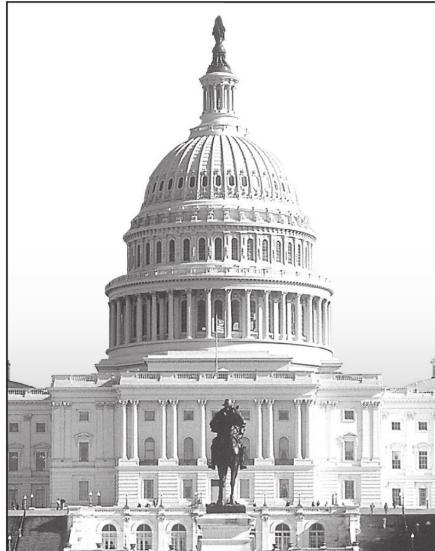
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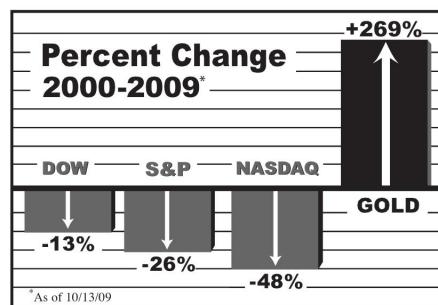
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Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Rolling Roloson beats Oilers

NHL RESULT**Oilers 1 Islanders 3**

HOCKEY Brendan Witt posted his first two-goal game in the NHL, veteran forward Doug Weight added two assists and the New York Islanders stretched their winning streak to a season-high four games with a 3-1 victory over the Edmonton Oilers last night.

Weight, New York's 38-year-old captain, helped set up rookie John Tavares'

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Bolt aids a cheetah

The world's fastest man adopted the animal kingdom's fastest sprinter yesterday, as Usain Bolt, left, welcomed a baby cheetah named Lightning Bolt into his life. The sprinter's sponsorship of the three-month-old male cheetah is part of an effort to boost Kenyan conservation efforts of its famous wildlife, whose survival is threatened by trophy hunting, climate change and human encroachment.

THE ASSOCIATED PRESS

Phillies force Game 6

Series heads back to New York after Yanks fail to clinch

N.Y. leads Series 3-2**Yankees 6 Phillies 8**

Put those parade plans on hold, New York. The Phillies are coming back.

Chase Utley hit two home runs to raise his World Series total to a record-tying five, backing Cliff Lee once again as Philadelphia staved off elimination with an 8-6 victory last night and set up a Game 6 for the first time since 2003.

Utley hit a go-ahead, three-run homer in the first inning off A.J. Burnett and added a solo shot in the seventh to join Reggie Jackson as the only players to hit five home runs in a single



Philadelphia's Chase Utley watches his fifth inning home run last night against New York Yankees.

World Series.

Philadelphia replicated its winning formula from the opener, when Utley hit two solo homers and Lee pitched a six-hitter. Raul Ibanez set off fireworks from the Liberty Bell one last time, adding a second

solo shot in the seventh off Phil Coke that made it 8-2.

Lee gave up a run-scoring single to Alex Rodriguez in the first inning but settled in until A-Rod chased him with a two-run double in the eighth.

THE ASSOCIATED PRESS

Sports in brief

OVECHKIN The Washington Capitals say Alex Ovechkin is "week-to-week" with an upper-body injury. The Capitals said yesterday the two-time league MVP suffered an "upper-body strain" in Sunday's overtime loss to Columbus. Ovechkin had an MRI and will travel with the team while receiving treatment.

COYOTES A federal bankruptcy judge has given his approval to the sale of the Phoenix Coyotes to the NHL. Judge Redfield T. Baum agreed to sign the sale order yesterday after lawyers made minor modifications to the deal. None of the changes significantly altered the NHL's agreement to pay about \$140 million US to buy the team from owner Jerry Moyes.

PGA Doug Barron, a 40-year-old journeyman who lost his tour card three years ago, became the first player to be suspended by the PGA Tour for testing positive for a performance-enhancing substance. Barron was immediately suspended for one year, the PGA Tour said yesterday. THE ASSOCIATED PRESS

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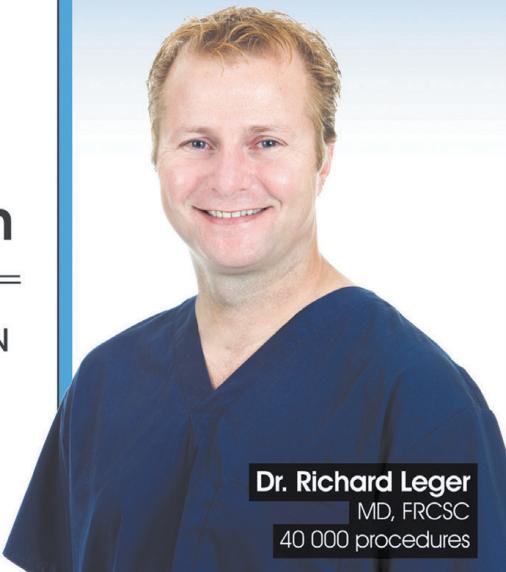
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MBA Guide



Get organized

If you've decided to pursue an MBA, you will have homework! To maximize your time, use an agenda to stay organized, and create a designated study area for yourself.

NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Degree can pay off

RAFAEL BRUSILOW
for Metro Canada

Despite the high price tag and big-time commitment, an MBA degree can pay big dividends for your career.

MBA tuition at Canadian schools averages about \$25,000 and ranges up to almost \$100,000 for EMBA programs at certain schools, meaning if you're thinking of getting an MBA, you have to think strategically about how getting the degree is going to be an investment in your future.

Richard Powers, associate dean at the University of Toronto's Rotman School of Management, says many employers still see the MBA as a gold stan-

dard for top-level management positions.

"Many years ago, a B.A. degree was viewed as a ticket to get an upper-level job — now it seems an MBA is that ticket," Powers said.

Powers argues that the types of skills taught and polished in an MBA program are fundamental to business, and therefore will remain valuable to most employers.

"Even leaders without an MBA are depending on MBAs to help their companies become successful. You need those skill sets in your business," Powers said.

Maclean's magazine regularly uses survey results to rank Canadian MBA programs for quality, and the

Financial Times ranks all world MBA programs and shows how much average graduates' salaries increase after finishing their MBA degrees. The 2009 Financial Times ranking shows several MBA schools in Canada made the top 100 and averaged between 83 and 98 per cent or higher increase in salary post-graduation, including the University of Alberta, Sauder (UBC), Ivey (UWO), Rotman (U of T) and Schulich (York).

If you're planning on investing in an MBA, do your research to see which MBA school matches your specific program needs.

"Make a list of what you want to get out of an MBA. You need to have a return on investment for your chosen MBA program and

that ROI isn't necessarily financial," Powers said.

For example, Powers says younger MBA grads frequently opt to use their MBA degrees to secure work at non-profit agencies, where they initially earn less but get to take command in higher-level positions much sooner in their careers than they would in the corporate world.

Deborah Hurst, director of MBA programs at Athabasca University in Alberta, agrees that regardless of how the market fares in the short term, the value of an MBA is likely to stay high but adds that the market meltdown should be a wake-up call to schools that sustainability and ethics should be a big part

of any MBA degree.

"I think it's more important now than ever to have the kinds of skills and abilities that an MBA offers, but the experiences have to be real and you have to build in ethics and sustainability. We've got to look at high-level decision making that takes into account ethical frameworks," Hurst said.



Sauder puts focus on health care

RICHARD WOODBURY
for Metro Canada

With health care eating up such a large portion of both the federal and provincial governments' budgets — and growing — it's no surprise more and more health-care courses are being offered at universities across Canada.

"We need to pay attention to how we manage these organizations," says Dr. Linda Peritz of the Sauder School of Business at the University of British Columbia. "We need to learn more about how to manage them."

Peritz says the people running hospitals tend to be people who work their way up through the ranks, such as nurses and physicians. They do not always have management training.

To deal with these challenges, the Sauder School of Business offers a 21-month executive MBA in health care, the only one of its kind in Canada. Students begin the first seven months of the program doing core topics, such as accounting, finance and ethics. After that, students specialize in courses such as Patient Flow and Resource Allocation and Priority Setting.

Peritz says having this



The people running hospitals tend to be those who work their way up through the ranks, such as nurses and physicians.

well-rounded background is necessary to make the right decisions.

"What you really, really want is senior managers to understand accounting and finance," she says. "You want them to be able to make decisions based on information and look at a balance sheet and understand what their position is and use a strategic approach to that information. You need people to be able to do that."

But Dr. Beatrix Dart of the Rotman School of Management at the University of Toronto doesn't see the value in executive MBAs in health care.

"We actually don't do specialized executive MBA programs because we find it defeats the purpose," she says. "The purpose is to make them more general and more strategic

thinkers. So quite frankly, I don't see the value in limiting it then to an industry sector."

With an aging workforce, there will be lots of openings in the health-care sector at all levels.

"There will be jobs there," says Dr. Kellie Leitch of the Richard Ivey School of Business at the University of Western Ontario.

Leitch has noticed increased interest in health-care courses over the past two years. She attributes this to a greater discussion of issues facing the health-care system.

"There has been a focus by provincial and federal governments on wait times and other health issues," says Leitch. "I think we all in an academic environment reflect on those things."

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 **UNIVERSITY CANADA WEST**

EMBA can be a juggling act

RICHARD WOODBURY
for Metro Canada

"All of a sudden, life becomes more complicated and extremely busy."

Gloria Saccon

Growing in popularity, executive MBAs are geared towards a different demographic and serve a different purpose than an MBA.

"It's a very different mindset between a full-time MBA and an executive MBA," says Dr. Beatrix Dart of the Rotman School of Management at the University of Toronto.

The executive MBA is geared towards those with management experience, while MBAs are for people early in their work careers or fresh off their undergraduate degrees.

"They have a lot of things to draw on," says Dr. Linda Peritz of the Sauder School of Business at the University of British Columbia, noting that executive MBA students have a large body of knowledge and experience to draw upon while in the classroom.

People who take the ex-

ecutive MBA do it to broaden their knowledge base and allow them to be more strategic in their thinking and take on larger leadership positions, says Dart.

"The full-time MBA does the opposite," she says.

MBA students are able to specialize in specific topics, such as finance, marketing and consulting.

"So one narrows you and makes you a specialist," says Dart. "The other broadens you and makes you more of a strategic thinker."

Before enrolling in an executive MBA program, it's crucial that students have candid discussions with both their families and employer to make sure all parties are onboard with the idea, says



The executive MBA is geared towards those students who already have management experience.

Gloria Saccon, the executive director of the executive MBA program at Queen's University.

"All of a sudden, life becomes more complicated and extremely busy," she says, noting that students have to juggle school, a ca-

reer and family life. Students and their families need to be aware of the time commitment involved in pursuing an executive MBA.

Students may catch a break on some of the schoolwork though, says

Dart. Some of the projects can be done within company time because they are projects that bring immediate benefits to the company.

With the amount of time students will spend working on assignments with each other, they become a support network for each other, says Saccon.

"That's a really strong support mechanism in place because they're all experiencing the same or similar stresses while they're going through this program," says Saccon.



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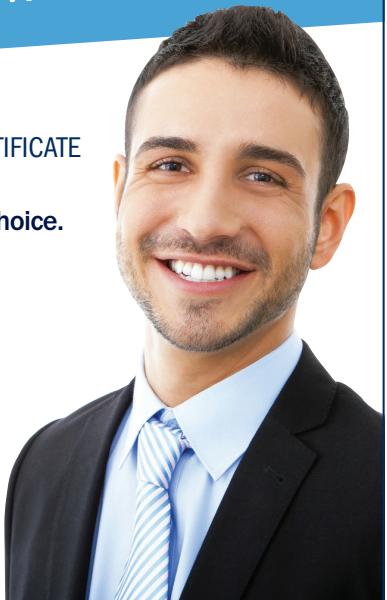
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Schulich earns top spot

York University's Schulich School of Business earned the top spot of the 2009-2010 Beyond Grey Pinstripe rankings, which was released by The Aspen Institute. The poll is part of a biennial survey and alternative ranking of full-time MBA programs. **METRO NEWS SERVICES**

More than one way to pay for an MBA

ERIC EMIN WOOD
for Metro Canada



There are a number of ways students can pay for their MBA, says Charmaine Courtis, executive director of student services and international relations at York University's Schulich School of Business.

"In the first place, students coming into the program have several years' working experience, so they have savings," she

says. "They are also eligible to apply for student loans, and many people do that."

Government loans are the most common financial aid among full-time students because the option is so widely known, says Sharan Girn, admissions adviser for Simon Fraser University's graduate business programs. "However, if students do their research, they will find there are var-

ious other options available," she says.

For instance, if a student has an RRSP, the Canada Revenue Agency offers the Lifelong Learning Plan, which allows students to withdraw from their RRSP to finance training or education, Girn says.



Bank loans are another option. Students from Schulich can apply for a preferred-rate line of credit from the Royal Bank of Canada, says Courtis, and the maximum available credit covers the cost of a two-year full-time program.

Paid internships are also common. "If students are doing a two-year program, they tend to break for a semester and work with a company," says Courtis. "That's a way to make some money and build credentials for graduation

when you're looking for a real job."

Girn recommends contacting MITACS (mitacs.ca), which partners students with paid internships under their MITACS Accelerate Internship Program. "MITACS will put in 50 per cent and then the employer will put in 50 per cent," she says.

Many universities offer students paid research or teaching assistantships, "so they'll work in the classroom and receive a stipend for that," says

Courtis. "Many students also take part-time jobs."

Occasionally, companies are willing to pay for their employees to earn an MBA, and many students will focus their final applied projects on their own companies, Girn says.

Finally, students should always apply for scholarships and bursaries. "Bursary money is awarded on the basis of need," Courtis says, "while scholarship money is awarded on the basis of academic credentials."

Demand on the rise for online MBAs

RAFAEL BRUSILOW
for Metro Canada



As the business world continues to move further online, it's only natural to see MBA education do the same. Today with a growing number of schools around the world offering online MBA programs, it's clear that sitting in a classroom is no longer the only way to get a degree.

Distance education is nothing particularly new to the MBA world, which saw distance-learning alternatives to standard MBAs grow in popularity in the 1960s and 1970s, especially in the United States.

The Internet has greatly changed the nature of such education however, making previously unlikely student interaction a key feature, keeping programs current and competitive and most importantly raising credibility and standards throughout the industry.

Dozens of schools throughout the U.S. and a handful in Canada currently offer online MBAs and demand is increasing.

Deborah Hurst is director of MBA programs at Athabasca University in Alberta, which in 1994 began offering the first fully interactive online MBA in the world. Today the school has 840 active MBA students in its MBA and Executive MBA programs. What started with floppy disks and dial-up Internet connections has quickly metamorphosed into a technologically savvy program that sounds very much like what you'd expect a traditional classroom MBA would offer complete with scheduled lectures, group work and more.

"We've always been collaborative, where students learn as much from one another as from the instructors," Hurst said.



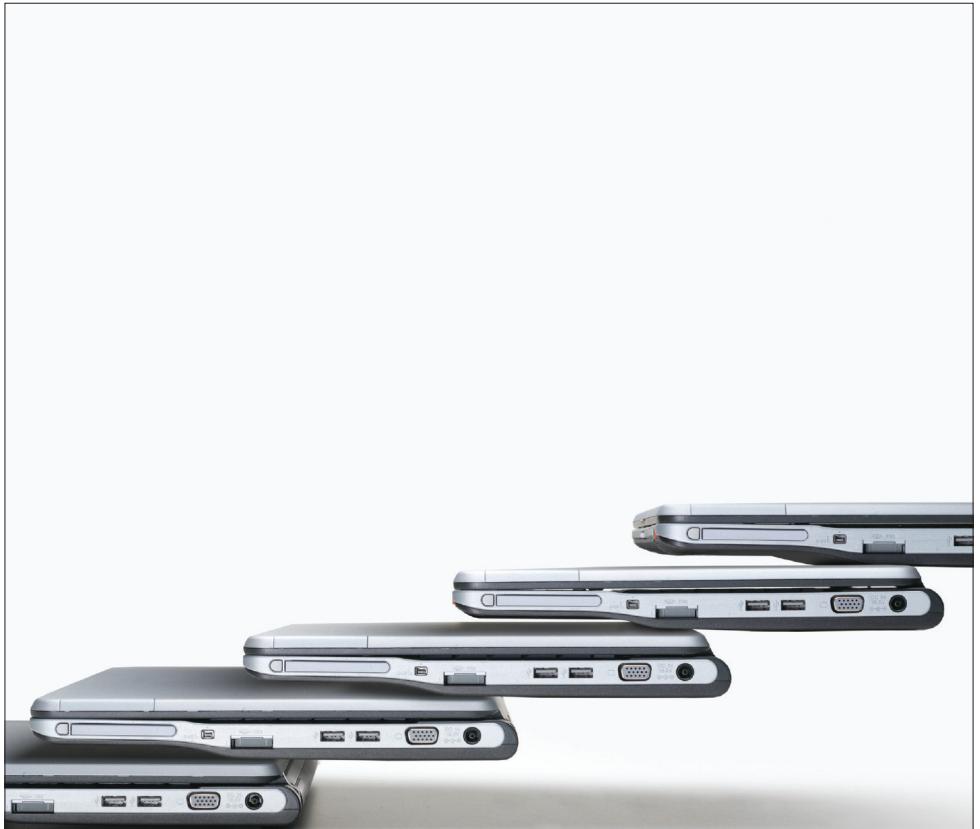
A handful of schools in Canada offer online MBA programs.

Whereas real-world discussions in the classroom tend to be dominated by more social, outgoing students, in the online world Hurst says shyness is no obstacle to participation since students can respond to comments on their own time and from the relative safety of their own computers. Students used to squeaking by without raising their hand in a classroom are forced to participate in an online setting because instructors can see at a glance who is responding to online comments.

"The online environment allows students to refine their thinking because they have time to think and work together in a way that is thought to thought. It also allows for a more democratic sharing of ideas because all students are required to participate. There's nowhere to hide," Hurst said.

At Lansbridge University in Fredericton, N.B., the online MBA program uses real-time PowerPoint presentations and voice-over-Internet to make the virtual learning experience as visceral as possible. Lansbridge marketing manager Holly Christie says the immediacy of online interactions makes it easier for students to connect to instructors.

"We don't have teaching assistants — if you email the faculty it's the faculty that responds," she said.



Athabasca University

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Health & Beauty

EDITOR: JENNIFER.PRITTI@METRONEWS.CA

The couple that cleans together

Hubbies who houseclean get more sex, study finds

The J Spot

Josey Vogels

metronews.ca/thejspot

According to a new study out of the U.S., the more housework a husband does, the more sex he gets.

But hold on, fella, before you jump up and

start scrubbing the toilet — the study also showed that the relationship between cleaning and sex is more complex than that.

Most couples complain that trying to juggle work, family and keeping the dust bunnies from multiplying leaves little time for sex, but the study of almost 7,000 married couples revealed that those who work hardest also do the most housework and yes, have the most sex.

"Rather than compromise their sex life" because of time demands at work or at home, "this group of go-getters seems to make sex a priority," says Constance Gager, lead researcher and an assistant professor of family and child studies at Montclair State University,

"Many couples in the study said that sharing household duties made them feel more like a team working together to maintain their home, which in turn made them feel more intimate."

Montclair, N.J.

But it's not just about being overachievers. Many couples in the study said that sharing household duties made them feel more like a team working together to maintain their home, which in turn made them feel more intimate.

This study, published online in the Journal of Family Issues, isn't the first to make the connection between sharing household duties and marital bliss. Couples in one U.S. study out of the

Pew Research Center placed "sharing household chores" as the third most important factor in a successful marriage, behind faithfulness and a happy sexual relationship.

Unfortunately, according to this study, women still spend an average 41.8 hours a week on housework, compared with 23.4 hours for husbands.

And, I have yet to see a TV ad in which hubby's gobsmacked by the amazing scrubbing power of some new cleaning product unless it's got some kind of masculinity-preserving technology behind it.

It's not like we're still living in a 1950s sitcom — there are certainly plenty of guys who more than pull their domestic weight — but generally, women still do most of



Though a new study has found that husbands who do more housework get more sex, guys shouldn't conclude that doing the occasional bit of cleaning will score them a quickie: The relationship between cleaning and sex is more complex than that.

the housework. And many resent it. Despite what the study found, I've heard more than one woman joke that her idea of great foreplay is having her husband do the dishes or the laundry without having to be asked. Only thing is, they're probably not joking.

• How do you and your partner share the housework? Does it cause conflict in your marriage? Share your thoughts in the comments section at metronews.ca/thejspot.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Beauty picks: The Body Shop goes old school



From left, Cucumber Cleansing Milk, Banana Conditioner and Fuzzy Peach Bath & Shower Gel, all \$8.99 each, are part of The Body Shop Originals range, which is a limited-edition lineup.

From multi-coloured leggings to the ubiquity of Journey's Don't Stop Believing, it's apparent that there's been a definitive sec-

ond or third wave of 1980s revivalism. While the jury's still out on shoulder pads, some actual good has come of this resuscitation: The Body Shop is re-introducing some previously discontinued favourites for a limited time. And frankly, we're more excited than a teenage girl spraying Fuzzy Peach on her hair before the big dance. Among the best-selling products that have made a comeback are their beloved Dewberry Body Lotion, Banana Shampoo and

Conditioner, Fuzzy Peach Bath & Shower Gel, Carrot Moisture Cream and Ice Blue Shampoo. Also blessedly back from the dead: The Body Shop's amazing Cucumber Cleansing Milk (I am stocking up this time) and accompanying Cucumber Freshening Water. All Body Shop Originals products retail for \$8.99 each, come in fun retro packaging and proudly feature Community Trade ingredients. SOFI PAPAMARKO/ FOR METRO CANADA

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Hubbies who houseclean get more sex, study finds

The J Spot

Josey Vogels

metronews.ca/thejspot

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Beauty picks: The Body Shop goes old school



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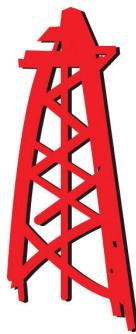
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Majesco Entertainment Company has released Cooking Mama 3: Shop & Chop for Nintendo DS to retailers nationwide. Cooking Mama 3 serves up a new shopping mode that lets players buy ingredients from the store to make 80 new recipes, from chili con carne to pumpkin gnocchi. METRO NEWS SERVICES

Food

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Personal Gourmet recipe of the month

ROSE REISMAN



A 3½-ounce serving of chicken has about 140 calories and 3 grams of fat, while the same amount of turkey breast has 120 calories and 1 gram of fat.

ROSE REISMAN

About Rose



Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

Turkey with a fruity twist

Spinach Salad with Candied Pecans, Pears and Brie

This is the number-one salad in my catering company. The sweet and savory combination of cinnamon-sugared pecans, ripe pears and small morsels of brie is sensational. There is very little oil in this, but you won't miss it. You can easily make this a main meal salad by adding some grilled chicken or shrimp.

PREP TIME: 15 MINUTES
COOK TIME: 15 MINUTES

SERVES 8

INGREDIENTS:

- 1/3 cup pecan halves
- 3 Tbsp icing sugar
- 1/4 tsp cinnamon
- 1/8 tsp allspice
- 1/8 tsp nutmeg
- 8 cups baby spinach leaves
- 1 cup diced radicchio
- 1 large ripe pear, peeled, cored and diced
- 2 oz brie, diced
- 2 Tbsp orange juice concentrate, thawed
- 2 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 1 tsp minced garlic
- 1/2 tsp liquid honey
- 1/2 tsp Dijon mustard

METHOD:

1. Preheat the oven to 350°F. Spray a baking sheet with cooking oil.
2. Rinse the pecans with cold water. Drain, but do not let them dry. Combine the icing sugar, cinnamon, allspice and nutmeg in a small bowl. Dip the pecans in the sugar mixture, coating them well. Spread on the prepared baking sheet.
3. Bake for 15 minutes in the center of the oven. Remove and cool. When they're cool enough to handle, chop coarsely.
4. Combine the spinach, radicchio, pear and brie in a large serving bowl.
5. Whisk the juice concentrate, oil, vinegar, garlic, honey and mustard together in a small bowl. Pour the dressing over the salad and toss to coat. Garnish with the candied pecans.

SERVES 8

Wild Rice and Brown Rice Pilaf with Dried Fruit and Pecans

This is probably the best rice dish I've ever developed. Both types of rice can be cooked together and they blend well with the dried fruits. I serve it as a side salad to my meals or as a buffet item. Very little oil is needed because of all the flavours in the salad.

SERVES 8

INGREDIENTS:

- 3/4 cup wild rice
- 3/4 cup brown rice
- 4 cups vegetable or chicken stock
- 1/2 cup chopped toasted pecans
- 1/3 cup chopped green onions, whole onion
- 1/3 cup dried cranberries
- 1/3 cup dried chopped apricots
- 1/3 cup chopped fresh cilantro or parsley
- DRESSING:**
- 1 Tbsp olive oil
- 1 Tbsp thawed orange juice concentrate



Turkey Scaloppini with Apricot and Dried Cherry Salsa

- 1 Tbsp freshly squeezed lemon juice
- 2 tsp low-sodium soy sauce
- 2 tsp raspberry or balsamic vinegar
- 1 1/2 tsp sesame oil
- 1 tsp minced garlic

METHOD:

1. In a saucepan, combine both types of rice with the stock. Bring to a boil. Reduce heat to a simmer, cover and cook for 35 to 40 minutes or just until the rice is tender. Drain excess liquid. Place in a large bowl. Cool.
2. Stir the pecans, green onions, cranberries, apricots and cilantro into the cooled rice.

3. To make the dressing, in a small bowl, whisk together the olive oil, orange juice concentrate, lemon juice, soy sauce, vinegar, sesame oil and garlic. Pour over the salad and toss to coat.



Wild Rice and Brown Rice Pilaf with Dried Fruit and Pecans

Turkey Scaloppini with Apricot and Dried Cherry Salsa

Most supermarkets now sell boneless turkey breast, which is leaner than chicken. If you can't find these thin cutlets, ask your grocer to slice boneless breast into scaloppini. Dusting it with flour keeps the turkey moist. The dried

fruit salsa is a perfect accompaniment. Serve the scaloppini over mashed potatoes, with grilled vegetables alongside.

PREP TIME: 15 MINUTES
COOK TIME: 8 MINUTES

SERVES 4

INGREDIENTS:

- 4 turkey scaloppini (about 1 lb)
- 1/4 cup all-purpose flour

METHOD:

1. Dust the turkey with flour. Spray a non-stick grill pan or skillet with cooking oil, add the vegetable oil and heat to medium. Sauté the turkey just until browned on both sides and no longer pink, about 8 minutes in total. Remove from the heat and keep covered.

2. To make the salsa, combine the apricots, cranberries, bell pepper, green onion, garlic, cilantro, jam, maple syrup, mustard and vinegar or lemon juice.

3. Spoon the salsa over the turkey and garnish with cilantro or parsley.

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If baking with white whole wheat

Like standard whole-wheat flour, white whole wheat requires additional moisture and some recipes intended for all-purpose flour will require some adjustments if making a substitution. **THE CANADIAN PRESS**

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Cheap but chic

Wine fans know that the quest for great "bang for your buck" bottles is more about fun than finances. In fact, I've always said spending \$100 on a wine is easy — finding one that tastes like it does for next to nothing is the challenge.

Ground zero for tasty quality juice at rock bottom prices is Argentina. I was there this past spring so I can testify to that fact as an expert witness with the wines from Finca Flichman as perfect evidence.

I tried a variety of different styles with Chief Winemaker Luis Cabral de Almeida and his introductory wines offer terrific value — particularly the 2007 **Misterio Malbec**

(\$7.95 — \$13.95), which has the dark red fruit flavour and tongue-tingling pepper of a much more expensive malbec.

Spain — the original Latin land of wine — also offers plenty of bargain vino with **Castillo de Monséran's 2008 Garnacha** (\$8.95 — \$10.99), a smooth, ready to drink red with soft black cherry and ripe, sweet berry fruit.

A bottle of Castillo de Monséran's 2008 Garnacha wine, showing the label and a dark red liquid inside.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years. Follow him on Twitter @TheRealWineGuy and email liquidassets@eastlink.ca.

A pleasure without the guilt

When baking cakes, there are a few things you can do to give most recipes a healthy makeover. This pumpkin-cranberry spice cake, for instance, is an indulgent but healthy treat that uses tricks easily applied to other recipes.

First, half of the all-purpose flour is replaced with white whole-wheat flour, which significantly increases the cake's whole-grain count without adding the astringent flavours some people associate with more conventional whole wheat.

White whole-wheat flour has the same nutrition as standard whole-wheat flour, but with a lighter colour and milder flavour. It's milled from a hard white winter wheat berry, rather than the hard red spring wheat berry of traditional whole-wheat flours.

Second, canned pumpkin puree does double duty by providing a classic flavour and replacing all but 75 ml (1/3 cup) of the oil. This combination keeps the cake moist and tender while keeping down the fat.



Pumpkin-Cranberry Spice Cake

For many cake and quickbread recipes, especially richly flavoured ones such as chocolate and gingerbread, you also can use fruit purees to replace up to three-quarters of the fat.

Apple butter or prune puree (which is available commercially in cans as prune or plum pie filling) work best because they add plenty of moisture and contain pectin, which like fat coats the starchy flour particles and prevents

them from forming the glutens that make baked goods chewy.

Finally, the pumpkin cake is simply decorated with a dusting of powdered sugar rather than a heavy frosting which would add additional fat and calories.

For a fancier finish, you can make a glaze by whisking together 30 ml (2 tbsp) orange juice, 2 ml (1/2 tsp) orange zest and 300 to 375 ml (1 1/4 to 1 1/2 cups)

powdered sugar. Drizzle the glaze over the cake just before serving.

Pumpkin-Cranberry Spice Cake

SERVES 16

INGREDIENTS:

- 300 ml (1 1/4 cups) all-purpose flour
- 250 ml (1 cup) white whole-wheat flour
- 15 ml (1 tbsp) cinnamon
- 10 ml (2 tsp) ground ginger
- 5 ml (1 tsp) allspice
- 5 ml (1 tsp) nutmeg
- 10 ml (2 tsp) baking powder
- 10 ml (1 tsp) baking soda
- 5 ml (1 tsp) salt
- 375 ml (1 1/2 cups) sugar
- 75 ml (1/3 cup) canola oil
- 3 large eggs
- 10 ml (2 tsp) vanilla extract
- 1 can (426 ml/15 oz) pumpkin
- 10 ml (2 tsp) grated orange zest
- 30 ml (2 tbsp) orange juice
- 30 ml (2 tbsp) water
- 250 ml (1 cup) dried cranberries
- Powdered sugar, for dusting

METHOD:

Heat oven to 180 C (350 F). Coat a large Bundt pan with cooking spray or brush with oil. Add a small amount of granulated sugar and turn the pan to coat the inside, discarding any excess.

In a medium bowl, stir together both flours, cinnamon, ginger, allspice, nutmeg, baking powder, baking soda and salt.

In a large bowl, combine sugar, oil, eggs and vanilla. Beat with an electric mixer on high until mixture is thick and pale, about 3 minutes. Add pumpkin, orange zest and juice, and water. Beat on low until smooth.

Sift dry ingredients on top of pumpkin mixture and stir just until combined. Stir in cranberries.

Using a rubber spatula, scrape batter into prepared pan, smoothing top. Bake for 40 to 50 minutes or until a skewer inserted at the centre comes out clean. Turn cake out onto a wire rack to cool completely.

Dust with powdered sugar before serving.

THE ASSOCIATED PRESS

ADVERTISING FEATURE

As winter nears, hosts across the country are gearing up for a season of get-togethers with family and friends. This year however, hosts across the country face a new set of challenges.

We've all been sobered by the recent economic downturn, so instead of going to lavish dinners out, more Canadians are opting to stay at home and entertain. This is why you'll find more party planners searching for new ways to be an economical, gracious and welcoming host and still make an impression.

One answer could lie with your wine selection. If you'd really like to stand out, think of a sparkling wine.

Here in Canada, a glass of bubbly is often equated with celebrations and special occasions. In many parts of Europe and Australia, however, sparkling wines are widely seen as an "everyday" drinking wine, just like many other red or white varieties.

It's no surprise then that some of the best bubbles come from regions where they really know what sparkling wine is all about. Wineries such as Australia's **Jacob's Creek**, an award

winning winery in South Australia, have introduced some wonderful, yet affordable options onto the market. In fact, Bernard Hickin, Chief Winemaker at **Jacob's Creek**, is particularly passionate about creating excellent sparkling varieties that are approachable and great for social occasions.

A great example of his work is **Jacob's Creek Chardonnay Pinot Noir Sparkling**, with generous citrus flavours and a creamy nutty yeast character that combines into a soft, crisp and clean finish. In Canada the bottle retails between \$14 and \$16.

The price makes this sparkling affordable — although it certainly tastes like an extravagance — and a great option for entertaining.

Sparkling wine is often served with appetizers because its acidity is refreshing between bites of rich foods (think shrimp, cream cheese canapés, nuts and smoked salmon). The same principle can apply to main courses, especially those with fish or creamy sauces. If you're going potluck, a sparkling wine is good to have on hand if you're unsure what your guests will bring.

If a movie night for friends is more your speed,

pair popcorn and plain potato chips with a dry sparkling wine. It will be a wonderful surprise when they realize just how well the refreshing acidity cuts through the butter or oil in the snacks.

Whether serving appetizers or a full dinner, the key is to play with your wine and food pairings to discover what works best for your taste. The general rule of thumb is that you want to combine like with like (lighter foods with lighter wines, richer foods with fuller-bodied wines), but sometimes opposites can attract. The versatile **Jacob's Creek Chardonnay Pinot Noir Sparkling** is great for experimenting and is sure to have a wonderful wow factor.

Besides, what guest wouldn't feel special watching you pop the cork on a bottle of bubbly? It will certainly deliver the impression you're looking for without breaking the bank.

More suggested pairings for **Jacob's Creek Chardonnay Pinot Noir Sparkling**:

Excellent at brunch with egg dishes and croissants.

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JACOB'S CREEK



Supermodel and G.I. Joe actress Karolina Kurkova, 25, and film producer of Voices of Iraq, Archie Drury, welcomed a son Thursday in New York, her rep confirms to PEOPLE. "Both mother and baby are happy and healthy." [PEOPLE.COM](#)

Karolina Kurkova is the proud mother of a boy



Baby for Mel

Mel Gibson is officially a father again. Radar Online reports that the actor's girlfriend, Oksana Grigorieva, has given birth to the couple's first child, a girl. The baby wasn't due until December. [METRO NEWS SERVICE](#)

EDITOR: DEAN.LISK@METRONEWS.CA

Entertainment

New musical detour

Home Routes helps fans stage concerts in their living rooms

GEORGIE BINKS
for Metro Toronto

When Ron Myhr invites his buddies to his Pickering, Ont., home for a night of folk music, they can always count on first rate entertainment.

Performers like Juno award-winner Cara Luft or Canadian Folk Music Awards' contemporary vocalist of the year Tannis Slimmon are just two musicians who have wowed Myhr's home audience

over the past few years. (The lineup of musicians also includes veterans like Valdy and David Bradstreet.)

It's not that Myhr has the inside track on Canadian musical talent — or maybe he does. The concerts at Myhr's house are arranged by Home Routes, the brain-storm of Winnipeg musical promoter Mitch Podolak. Designed to bring folk music to the people, they've taken off in the Western provinces faster than a prairie grass fire and

they're spreading eastward just as quickly.

Tim Osmond, Home Routes operation manager explains, "Usually when folk artists tour venues are very far apart. As well, there are only so many venues." Home Routes has 10 different circuits across the country with names like Cherry Bomb circuit in B.C. and the Estelle Klein circuit in Ontario. Each circuit has about seven host homes with a one- to three-hour drive distance between them.

All that prospective hosts need is a room that will fit at least 30 people as well as a place to put up the musician for the night and provide dinner and breakfast.

Musicians like Jay Aymar love it. "We can talk to the audience — kids can get up and sing and dance. There aren't distractions either — like a bartender powering up the blender for margaritas."

That's right — no ticket processing fees or lengthy drives to an impersonal venue. There are also no roadies or sound checks. Musicians might bring an amplifier and their guitar but that's it. Myhr's neighbours simply slap down their \$15 and get ready to enjoy. Musicians usually



Juno-winner Cara Luft is just one of the musicians who has performed in people's homes as part of the Home Routes initiative

play two 45-minute sessions and then sell their CDs after.

Aymar believes these are the future of music. "Music is coming back to the people. With file swapping on the Internet and record companies collapsing, it's all about live music. For the artists it's fantastic. We can

get our music out to the people in a nice, intimate setting."

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ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 11/3/09	2	CFRN	239	318	etalk	Hollywood	Law & Order: SVU	V "Pilot" (N)	Dancing With the Stars	CTV News		
	3	KHQ	-	370	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser (N)	Jay Leno Show		
	4	CBXT	-	307	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Being Erica (N) (DVS)	CBC News: The National	The Hour	
	6	KREM	-	372	News	Hollywood	The Doctors	NCIS (HDTV) (N)	NCIS: Los Angeles (N)	The Good Wife		
	7	CKEM	241	347	Law & Order: SVU	The Jay Leno Show (N)	The Good Wife (N)	The Biggest Loser (N)	NCIS (HDTV) (N)	NCIS: Los Angeles (N)	Your City	
	8	CITV	240	339	ET Canada	Entertainment	Frontline (DVS)	Frontline (DVS)	Two/Half Men	Two/Half Men	News Hour	
	11	OMNI	-	371	The Office	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Dancing With the Stars	Metroplex		
news	13	KXLY	-	371	4 News at 6	6 News at 6:30	Entertainment	The Insider (N)	Two/Half Men	Two/Half Men	the forgotten	
	16	KAYU	-	373	The Office	Raymond	Two/Half Men	Two/Half Men	You Think You Can Dance (HDTV) (N)	News		
	22	KSPS	-	374	NewsHour With Jim Lehrer	Nova (N) (DVS)	Frontline (DVS)	Frontline (DVS)	Independent Lens (N)	TBA		
	24	WTVS	-	364	Warplane (DVS)	Frontline (DVS)	Being Served	Keeping Up	Tavis Smiley	Charlie Rose (N)		
	15	CBCN	502	-	CBC News: The National	CBC News: the fifth estate	CBC News: The National	CBC News: The National	CBC News: The National	fifth estate		
	21	TWN	505	398	(5) EarthWatch One	EarthWatch One	Anderson Cooper 360 (HDTV)	Larry King Live	Larry King Live	Cooper 360		
	27	CNN	500	500	Larry King Live (N)	Anderson Cooper 360 (HDTV)	CTV News	CTV News	CTV News	CTV News		
sports	54	CTVN	501	391	CTV News Tonight	Business News	Market Call Tonight	Headline	Commodities	Squeeze Play		
	70	BNN	504	567	Squeeze Play	NHL Hockey	NHL Hockey	Great Land	SportsCentre	Great Land		
	20	TSN	400	400	NHL Hockey	SportsCentre	NHL Hockey	Great Land	Great Land	Great Land		
	23	net	408	418	Ms. Fitness World '09	Hooters Swimsuit Pageant	Hockey Central	Hockey Central	SportsNet Connected	MMA Conn		
	47	SPEED	417	406	Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pass Time	Monster Jam (HDTV)	Super Bikes!	
	94	SCORE	410	403	(6) Court Surfing	NBA news, scores and highlights.	Pass Time	Pass Time	Pass Time	Pass Time	Score Now	
	9	EDACC	267	351	Alberta Primetime (Live)	So You Think You Can Dance (HDTV) (Live)	So You Think You Can Dance (HDTV) (Live)	So You Think You Can Dance (HDTV) (Live)	La Promesse (HDTV) (N) (SC)	Primetime		
family	14	YTV	552	543	iCarly	Wife Swap	Occupation	Caméra café	Taxi 0-22 (SC)	La Promesse (HDTV) (N) (SC)	TVA nouvelles	
	17	TREE	553	546	Little Bear	Malcolm-Mid.	Drake & Josh	8 Simple Rules	What I Like	Family Biz		
	42	TOON	555	545	Jimmy Two	Maggie-Beast	To Be Indie	Backyardigans	Ni Hao, Kailan	Go, Diego, Go!		
	45	FAM	557	541	Han, Montana	Babes	Zigby	Max & Ruby	Dragon (DVS)	Dragon (DVS)	According-Jim	
	53	TVA	121	714	TVA nouvelles	Scooby-Doo	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	
	57	CMT	575	583	According-Jim	Le Cercle (SC)	Oversold!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	
	58	A&E	615	520	Parking Wars	Le Cercle (SC)	Occupation	Caméra café	Taxi 0-22 (SC)	TVA nouvelles	Bones	
cable variety	26	MM	571	581	Wild 'n Out	Le Cercle (SC)	Le Cercle (SC)	Le Cercle (SC)	Le Cercle (SC)	Le Cercle (SC)	Le Cercle (SC)	
	29	FOOD	603	561	The F Word (N)	Good Eats	Good Eats	Reba	Reba	Reba	Reba	
	31	SHOW	617	522	Trailer Park	The Outer Limits	Daily Planet	Destroyed	Destroyed	Time Warp		
	32	DISC	520	505	Destroyed	Time Warp	Medieval catapult.	Destroyed	Destroyed	Time Warp		
	33	SLICE	601	562	Wedding SOS	Bulging Brides	ET Canada	What Happen?	The Biggest Loser	Date My Ex		
	34	W	602	567	House-Sell	Bulging Brides	Friends	Grocery Bag	Style by Jury	Good Naked		
	35	TLC	521	560	18 Kids-Count	Little Couple	20 Years, 20 Duggars	18 Kids-Count	Stargate SG-1	Star Trek Gen.		
cable variety	36	BRAVO	620	523	Straight Shooter: The Mamas & the Papas	McLauchlan	Law & Order	Without a Trace	Without a Trace	Color-Paradise		
	38	SPIKE	628	584	UFC Unleashed	Surviving Disaster (HDTV) (N)	DEA (HDTV)	DEA (HDTV)	DEA (HDTV)	CSI: Crime Scn		
	39	AMC	-	-	(6) Batman *** (1989, Action) Jack Nicholson.	Batman Returns *** (1992, Action) Michael Keaton, Danny DeVito. Premiere.						
	40	HIST	522	506	Cities of the Underworld	Ultimate Engineering	Crime Stories	M*A*S*H	M*A*S*H	Underworld		
	41	COM	626	547	Just for Laughs	Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	
	43	SPACE	627	528	Medium "Baby Fever"	Medium "Bite Me" (N)	Star Trek "Charlie X"	Star Trek "Charlie X"	Stargate SG-1	Star Trek Gen.		
	44	WPCH	294	650	Law & Order: SVU	Air Force One *** (1997, Suspense)	Harrison Ford, Gary Oldman.	Air Force One (1997)	Air Force One (1997)	Air Force One (1997)	Air Force One (1997)	
cable variety	46	OLN	611	457	Survivorman	Ghost Hunters International	Dog the Bounty Hunter	Survivorman	Survivorman	Ghost Hunters		
	48	TROP	619	525	Prod. Parker	Prod. Parker	'70s Show	'70s Show	The Outer Limits	ET Canada	Switch	
	50	STAR	621	527	The View (HDTV) (N)	The Dr. Oz Show (HDTV)	TMZ	etalk	Hollywood	Extra	Family Guy	
	52	HGTV	600	564	Pure Design	Genevieve	House Hunters	Holmes on Homes	HGTV's Top 10	Design Inc.	Pure Design	
	55	TLN	700	800	RIS - Delitti Imperfetti	George Lopez	George Lopez	George Lopez	Raymond	Bring Wall St	Paid Program	
	59	APTN	269	350	Fish Out of Water	Mixed Blessing	Cashing In	Rabbit Fall	Frist Nation	Moose TV	Moccasin Flats	
	63	VISION	261	394	Quantum Leap	Unscripted (N)	I Prophesy	Law & Order	Rez Rides	Short Cuts		
cable variety	100	MTV	581	566	The City	The Hills	After	MTV Live	Sex, News-Roll	The City	The City	
	101	MM	570	580	Starmaker	MuchNews	My Date With...	One Tree Hill	Starmaker	MuchNews	MuchNews	
	102	CPAC	512	396	(6:30) Primetime Politics	Revue	Question Period	Question Period	Prime-Politics	Primetime Politics		
	103	VIVA	526	507	The Closer	Cold Case "Green"	Psychic Inv.	Encounters	Judging Amy	Judging Amy	Missing	
	106	RDI	126	730	Le Téléjournal (SC)	RDI économie	Le National	Le Téléjournal (SC)	24 Heures en 60 minutes	Le Téléjournal	Le Téléjournal	
	161	SUPER	-	-	Moving McAllister (2007) Ben Gourley.	Redbelt *** (2008, Drama)	(10:15) The Spirit * (2008, Action)	(10:15) The Spirit * (2008, Action)	(10:15) The Spirit * (2008, Action)	(10:15) The Spirit * (2008, Action)	(10:15) The Spirit * (2008, Action)	

critics' corner

The Good Wife

Alicia is working with Will on the appeal of a death-row inmate who was convicted on Peter's watch. To get some needed information on the case, she agrees to a conjugal visit with her imprisoned hubby in the new episode "Conjugal." 8 PM on CTV; 11 PM on KREM



V In this reimagining of a hit 1980s miniseries, life on Earth undergoes a seismic kick in the pants when a bunch of extraterrestrials led by the beautiful Anna captivates most of the population, but FBI counterterrorism agent Erica Evans quickly comes to suspect the aliens have a far more sinister agenda. 9 PM on CFRN KXLY

NCIS

In this new episode, the bodies of two mercenaries are found on Gibbs' boat. As he and the team investigate, they're dragged into a family matter involving his old mentor, Mike Franks, that could have international ramifications in "Outlaws and In-Laws." 9 PM on KREM CITV

Leno would return to Tonight

PEOPLE Prime-time newcomer Jay Leno says he would have rather stayed put at The Tonight Show — and if NBC offered him that job again, he'd take it.

In an interview with Broadcasting & Cable magazine, Leno hastily added that such a decision isn't his to make.

Conan O'Brien, his successor as Tonight host after 17 years, is "doing fine," Leno said.

"Conan is in the same position I was in when I took over. It takes a while. Some will like it; some will leave forever and not come back."

The Jay Leno Show began on NBC in September, airing Monday through Friday, where it has displaced several prime-time scripted dramas.

THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt
Read the blog at [metronews.ca/kenyasstyle](#)

For complete online movie listings, trailers, reviews and tickets, visit: [metronews.ca/movies](#)

Major discount on Whitney home

For Whitney Houston, the greatest love of all may be a great deal on a piece of New Jersey real estate. The singer is putting up her \$5.6 million US home up for sale for a steal of a price — less than half of its assessed value. [PEOPLE.COM](#)

**entertainment 21**

GLEN WILSON/HANDOUT

U2, featuring Bono, and Shakira will be among the performers at Thursday's MTV European Music Awards in Berlin, which is commemorating the 20th anniversary of the fall of the Berlin Wall.

DVD picks**The Taking of Pelham 123**

Director: Tony Scott
Against All odds and better advice, Tony Scott directs Denzel Washington and John Travolta in a remake of the kidnap classic that inspired Quentin Tarantino. And he improves on it.

Pelham '09 finds its groove in the here and now, just as the original Pelham did in 1974, with more complications and fewer laughs for the 21st century world of moral ambiguity.

The taut script by Brian Helgeland realistically adds fears of terrorism to the mix and shades characters so that both Washington's good guy Garber and Travolta's bad guy Ryder have intriguing back stories, plausibly connecting them as kindred spirits in desperation.

Extras include commentaries by Scott, Helgeland and producer Todd Black and several featurettes.

G.I. Joe: The Rise of Cobra

Director: Stephen Sommers

If Nothing Else, this exercise in ballistic bathos sets to rest the theory about chimps with typewriters being able produce Shakespeare if given enough time and bananas. They couldn't do the Bard, but they evidently penned G.I. Joe, the toy turned cartoon now turned motion picture.

The direction is credited to genre hack Stephen Sommers (*The Mummy*), but the citation seems unwarranted. The picture is little more than an endless series of computer-rendered explosions, collisions and incisions, with no discernible effort expended on directing or acting.

Peter Howell/for Metro Canada

MTV joins Berlin party

Awards show to celebrate 20 years of fall of Wall

This time it's Berlin calling.

The MTV European Music Awards (EMAs) are coming to the German capital with an international cast, featuring performances by U2, the Foo Fighters, Shakira and Leona Lewis.

Berlin is the only city to host the awards show twice, in 1994 and on Thursday — a decision MTV said it made to celebrate the 20th anniversary of the fall of the Berlin Wall on Monday, Nov. 9.

"This year's EMAs is unique in having the theme of unity in addition to what we normally do — celebrating and playing the music," MTV International's

CEO Bill Roedy told The Associated Press in an interview.

Legendary Irish band U2 will play a short set in front of the Brandenburg Gate before the awards show is held at the O2 World stadium. Tickets to U2's performance were given away free online and were snapped up within hours.

U2's concert is not only a historical nod to the significance to the Brandenburg Gate — which lies on the line that formerly divided East and West Berlin — but also a reflection of the band's history. Their seventh album, *Achtung Baby* was recorded in Berlin in 1990 and their single *One* was inspired by the fall of the wall

The 2009 MTV European Music Awards streams live Thursday on mtvema.ca and airs later on MuchMusic

Notable nominees

- This year's nominees include newcomers like pop-act Lady Gaga and the English electro-pop duo La Roux, along with established acts like Green Day, Shakira and Jay-Z. Vying for Best European Act are Finnish rock group Deep Insight and Italy's Lost.

and written on the eve of German reunification.

The EMAs feature 13 award categories with nominees from Europe, North and South America. Traditionally, many awards go to American artists who are also popular in Europe.

Last year's EMAs were held in Liverpool, with Americans Britney Spears, Kanye West and Pink all taking home awards. There is also a Best European Band that went last year to Turkey's Emre Adym.

Music from the Western world was embraced by youth in East Germany before and after the fall of the wall.

"Everything that looked like a lively and vivacious culture was loved by East German youth because they felt a great yearning," Frithjof Hager, a sociologist at the Free University in Berlin, told the AP. "They wanted to get out of the cruel, grey unhappiness of their country and experience the new and beautiful."

The fall of the wall had major impact on Berlin's creative scene, its mayor says.

"With the fall of the wall, Western energy and the creative and artistic impulses of the music scene in Berlin were set free," Klaus Wowereit told the AP

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It's Wintour season in September

ADAM NAYMAN
for Metro Canada



Vogue's legendary editor Anna Wintour checks out a fashion show in The September Issue.

"The stakes are pretty self-evident," says RJ Cutler when asked whether he thinks his film The September Issue surveys less culturally relevant territory than the film that marked his entry into documentary filmmaking: 1992's award-winning Clinton campaign saga *The War Room*.

"Vogue is a single publication that profits in the tens of millions of dollars," says the Emmy-winning filmmaker, whose latest work chronicles the seven-and-a-half months leading up to Vogue magazine's record-breaking September 2007 issue.

"Their September issue generates between \$30 and \$50 million, which is more than most magazines generate in a year."

"(September 2007) was the single largest issue of any magazine that's ever been published, and the people who

made it are the ministry of the fashion world — arbiters whose opinions affect a \$30 billion dollar industry."

What's most impressive about The September Issue (which opens in theatres on Friday) is how Cutler manages to communicate the sheer enormity of the magazine while maintaining an intimate, human focus.

Cutler also refrains from overemphasizing Vogue's for-

midable editor Anna Wintour (famously, the inspiration for Meryl Streep's imperious fashionista in *The Devil Wears Prada*). Instead, he balances the narrative between Wintour and her creative director, Grace Coddington, a fierce, proud professional willing to stand up to her long-time friend and collaborator.

"The way the film is struc-

tured is to bring Anna onstage first, because she is the sun around which the planets rotate. But there's also the question of that sun's relationship to the planet known as Grace Coddington."

The September Issue does not lack for incident or intrigue (a major subplot revolves around Coddington having several beloved photos turfed from the layout), and yet it betrays few traces of overt editorial manipulation.

"I'm telling a story, and I want to tell the truth," says Cutler. "One of the things I always do before I'm finished with a film is show it to the principals involved and ask 'is it true?' I want to make sure that they believe that I have told the truth, which is something I learned from (filmmaker D.A. Pennebaker)."

The September Issue opens in theatres Friday



Adam Lambert and Drake LaBry are over. A source confirms to usmagazine.com that the American Idol runner-up, 27, and the interior designer, 24, have ended their relationship. METRO NEWS SERVICES

Celebrity Buzz

Jessica slams Melrose after sister's firing

BAD MOUTHING Looking to defend her recently fired little sister Ashlee, Jessica Simpson unleashed the fury on Melrose Place, calling her sister's ex-show "crap" on Twitter, people.com reports.

Jessica — who just two days before Ashlee's firing wrote "Everyone watch my sis on melrose place tonight" — now rips into the show following Ashlee's dismissal. "CW catching up on MP. who writes this crap? I have had bad scripts to work with, but this? thank God my sister is amazing and got you some press," Jessica Tweeted.



METRO
NEWS
SERVICES

Ashlee was fired along with Melrose' co-star Col in Egglesfield last month. Show producer Todd Slavin told EW's Michael Ausiello that "the tone of the show was going to shift into a much more fun, romantic, sexy upbeat kind of show," and that Simpson's character didn't fit into those plans anymore.

Us Weekly, citing a set insider, claims that The CW "hired her (Ashlee) because they needed a good name to help create buzz."

METRO
NEWS
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BAD PARENTING? Lindsay Lohan has taken to Twitter to slam her dad Michael, following reports that he is seeking conservatorship over her, and that he's offered an entertainment TV show tape-recorded conversations between himself and his ex-wife, Dina, in which they discuss their daughter's well-being, people.com reports.

"My father is a lunatic & doesn't even deserve such a title since he's never been around in my life other than when he'd threaten me & my family," Tweeted Lindsay, who just finished shooting the thriller Machete opposite Robert DeNiro.

"He should be where he has always put himself after verbally abusing and

physically abusing people all my life-behind bars."

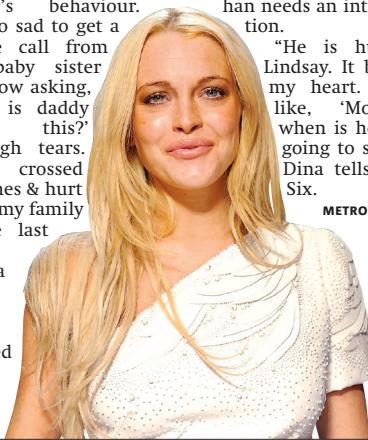
Lindsay, 23, also wrote that her sister Ali, 15, is also concerned about their father's behaviour. "It's so sad to get a phone call from my baby sister just now asking, 'Why is daddy doing this?' Through tears. He's crossed the lines & hurt me & my family 4 the last time."

Dina Lohan also isn't thrilled with the way

her ex-husband has been shooting his mouth off to any TV host that will listen about how he thinks their daughter Lindsay Lohan needs an intervention.

"He is hurting Lindsay. It breaks my heart. She's like, 'Mommy, when is he ever going to stop?'" Dina tells Page Six.

METRO WORLD
NEWS



Dating Perry has changed Brand

TURNING OVER NEW LEAF

Dating Katy Perry seems to be causing Russell Brand to turn over a new leaf. The rambunctious comedian tells Britain's Sunday Times that he's a changed man.

"Katy's lovely. I am living in a different way at the moment," he tells the newspaper. "Regardless of what happens in my current situation, I am unlikely to be satisfied with calamitous promiscuity of the preceding five or six years."

METRO
WORLD NEWS



Law contemplates visiting new daughter

FATHER OF FOUR Jude Law is "torn" between his new daughter and his other three children, femalefirst.co.uk reports.

The 36-year-old actor is said to be keen to meet his five week old daughter, Sophia, with model Samantha Burke — the result of a brief relationship last Christmas — but wants to be sure his three other children are comfortable with the situation first.

Jude had originally said he wanted

nothing further to do with Samantha, but vowed to support her and the baby financially.

A source said: "He felt it would be easiest to just pay Samantha and hope that she moved on and left him alone.

"But now he is feeling very torn. He is on the brink of going to see Sophia but first of all, he wants to make sure his older kids feel totally secure."

METRO NEWS
SERVICES



Elton cancels concerts due to bacteria infection

HOSPITAL WATCH Elton John is seriously ill in hospital, femalefirst.co.uk reports. The legendary British singer has been forced to cancel a string of concerts after he was diagnosed with an E. coli bacterial infection and influenza.

Elton, 62, has been ill for two weeks, but his condition worsened and he was taken into an elite London hospital on Friday for tests. His partner, David Furnish, is understood to have spent

Sunday at his bedside. As he left the hospital he said of John's condition: "He's OK, he's fine." On doctor's advice the singer has, however, postponed U.S. dates in Seattle and Portland, which he was due to perform with Billy Joel over the next two weeks.

METRO NEWS
SERVICES



Celebrity tweets

Perez Hilton has a new-found respect for women after dressing up for Halloween, John McCain is the best source for football scores and analysis and Ellen DeGeneres had a bit too much fun it seems.



• @PerezHilton My feet are sooo wrecked today! I don't know how women walk around for hours in super high heels that are also crazy tight and pointy! Ouch!

• @SenjohnMcCain Cardinals lose at home to the Panthers — big setback, but there is always next Sunday.

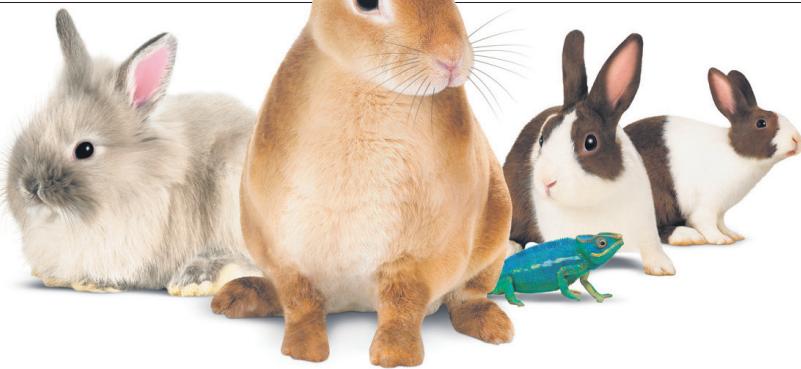
• @TheEllenShow Bobbing for apple-flavored vodka is a perfectly acceptable Halloween party game, right?

METRO
NEWS
SERVICES

Cage sues his business manager

FINANCIAL RUIN? Nicolas Cage knows who to blame for his recent problems with the IRS. The actor is suing his longtime business manager, Samuel J. Levin, claiming that Levin "lined his pockets with several million dollars in business management fees while sending Cage down a path toward financial ruin," according to People magazine. Levin began working with the actor in 2001.

METRO
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Hero

The
Decoy

The
Bandits

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Today
Some clouds
7 °C / -4 °C



Wednesday
Some clouds
6 °C / -7 °C

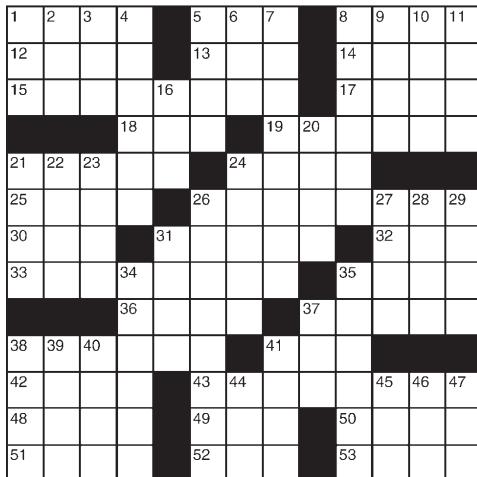


Thursday
Some clouds
10 °C / -5 °C

**Michele McDougall, Weather Specialist & Host - Breakfast Television**

'My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes.'

WEEKDAYS AT 6 A.M.

Take Five**ACROSS**

- 1 Vicinity
- 5 Singer Tillis
- 8 Chromosome carrier
- 12 Griffin of TV lore
- 13 Eggs
- 14 Enthusiastic
- 15 Nobody you know
- 17 TV journalist Lisa
- 18 Additionally
- 19 Ship's kitchen
- 21 Dieter's entree
- 24 Shakespeare villain
- 25 Port structure
- 26 Hard up for cash
- 30 Literary collection
- 31 Sinful habits
- 32 Prior to
- 33 Good poker hand
- 35 Decline
- 36 Sore
- 37 Hell's Angel, e.g.
- 38 Ghost
- 41 Marshy terrain
- 42 Fuss
- 43 Pertaining to summer theater
- 48 Soon, in verse
- 49 Historic period
- 50 Top-notch
- 51 Solidifies
- 52 Storm center
- 53 Apportion

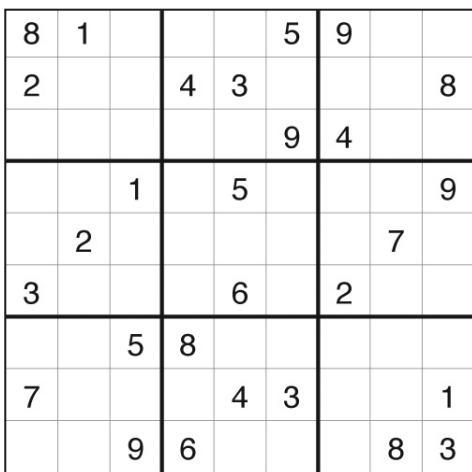
DOWN

- 1 Early hrs.
- 2 On pension (Abbr.)
- 3 Mess up
- 4 Icon in an Internet forum
- 5 Walt Kelly's possum
- 6 "Hail!"
- 7 Thorn in Dennis the Menace's side
- 8 Fast run
- 9 Maleficence
- 10 Baseball team
- 11 Nervous
- 16 Affirmative action?
- 20 Turkish
- 21 Masseuses' workplaces
- 22 "— She Sweet?"
- 23 Nonsense poet Edward
- 24 Pruritic
- 26 Go touring, maybe
- 27 Pinnacle
- 28 Sea eagle
- 29 Antelope's playmate
- 31 End of a Caesar quote
- 34 — rod (medicinal plant)
- 35 Native American hut
- 37 Squeezing snake
- 38 Male 29-Down
- 39 Corn recipe
- 40 "American —"
- 41 Highland hillside
- 44 Attempt
- 45 Weeding tool
- 46 Pismire
- 47 Ball-bearing item?

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**

A L F	D E B R A	D A B
C E L	E N R O N	R U E
H O U S E	E C O A T	E N D
L O D G E	A M O	C H E A T S
E U R	D E C	H E L M
A S E A	M A C	M A C A W
S T A L L	S U B	N O N E
M A A M	P A C	A K A
S U B I T O	T A R	T A R
P R O	H O U S E	B O A T
A G A	E L A T E	U S E
M E T	S A R A N	T H E

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ARIES**MARCH 21-APRIL 20**

Someone you work or do business with is not being as honest as you have a right to expect and that fact will become obvious today.

LIBRA**SEPT 23-OCT 23**

Information will come your way that enables you to get the better of a rival and you must not hesitate to use it.

TAURUS**APRIL 21-MAY 21**

An individual whose point of view is radically different to your own will say something you feel you have to respond to.

SCORPIO**OCT 24-NOV 22**

Important people will be either mightily impressed or mightily annoyed by what you have to say today.

GEMINI**MAY 22-JUNE 21**

Changing the habits of a lifetime is never easy but if you put your mind to it today you can change something about yourself.

SAGITTARIUS**NOV 23-DEC 21**

You may be behind in your workload but you will only catch up if you start the day at a slow and measured pace and think carefully.

CANCER**JUNE 22-JULY 22**

You are unlikely to see the obstacle that is in your path today, but a friend or relative will helpfully point out its existence and location.

CAPRICORN**DEC 22-JAN 20**

You may want to push ahead with a project that is close to your heart but some of your colleagues are having doubts and you must deal with them.

LEO**JULY 23-AUG 23**

You won't hesitate to tell others how things should be done today, but anyone who tries to tell you will soon wish they had kept their mouth shut.

AQUARIUS**JAN 21-FEB 18**

Anyone who thinks you are not ambitious will have to think again today as you elbow your way to the head of the queue.

VIRGO**AUG 24-SEPT 22**

You may find it hard to believe what someone tells you but don't reject it because there is more than a strand of truth in what they say.

PISCES**FEB 19-MARCH 20**

If you ask the right questions today you will get answers that comfort you and clarify your present situation.

TAKE A BREAK FROM WORK

Visit metronews.ca to watch

metrotube of the day**This day in history**

- 1793: French playwright, journalist and feminist Olympe de Gouges is guillotined.
- 1817: The Bank of Montreal, Canada's oldest chartered bank, opens in Montreal.
- 1911: Chevrolet officially enters the automobile market in competition with the Ford Model T.
- 1913: The United States introduces an income tax.
- 1918: Poland declares its independence from Russia.
- 1973: Mariner program: NASA launches the Mariner 10 toward Mercury. On March 29, 1974, it becomes the first space probe to reach that planet.

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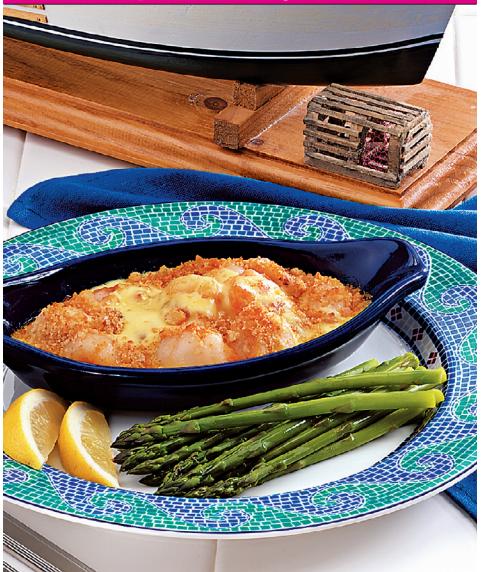
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Metro Recipe of the Day**Lobster Newburg****INGREDIENTS:**

- 3 cups (750 mL) cooked lobster meat, canned flaked lobster meat or imitation lobster chunks
- 3 tbsp (45 mL) butter
- 1/4 tsp (1 mL) paprika
- 3 cups (750 mL) whipping cream
- 1/2 tsp (2 mL) Worcestershire sauce
- 3 egg yolks, lightly beaten
- 1 tbsp (15 mL) sherry
- 1/4 tsp (1 mL) salt
- 1/3 cup (75 mL) crushed crackers (about 8 crackers)

egg yolks, sherry and salt. 2. Remove cream from heat; stir small amount into egg yolk mixture. Return all to pot, stirring constantly. Bring to gentle boil; cook and stir 5-7 minutes or until slightly thickened. Stir in lobster. 3. Divide lobster mixture between four 10-oz. (300 mL) baking dishes. Sprinkle with cracker crumbs. Broil 6 in. (15 cm) from heat 2-3 minutes or until golden brown.

SERVES 4**rd.ca**

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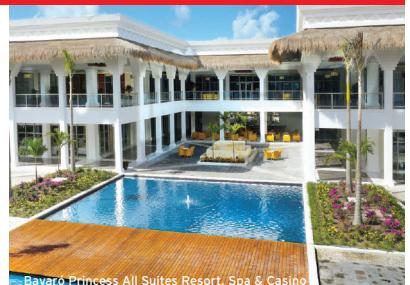
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Hotel rm. - Grand Tower
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